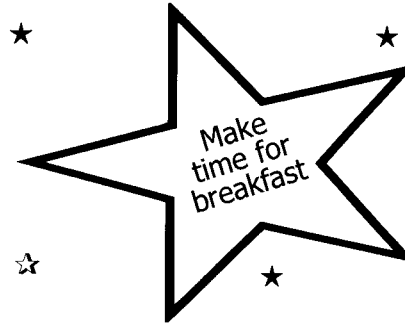


BREAKFAST BLAST-OFF

BOYS AND GIRLS: Don't run on empty. Just as the space shuttle needs fuel to start each mission, your body needs fuel to start each day. Breakfast provides the fuel (strength and energy) your body needs. Here's how breakfast can get you started:

- ◆ helps you feel better
- ◆ gives you energy to play and have fun



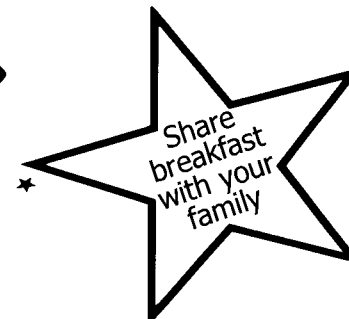
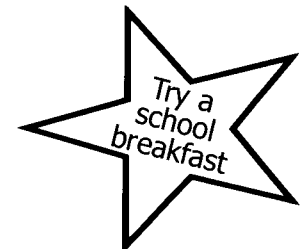
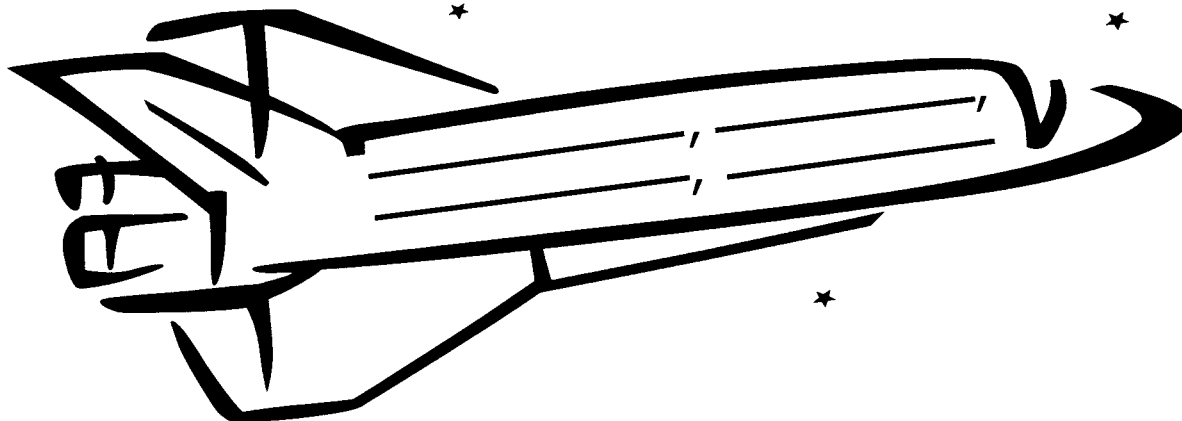
- ◆ helps you pay attention in class...so you can concentrate better
- ◆ helps your body to grow and be healthy

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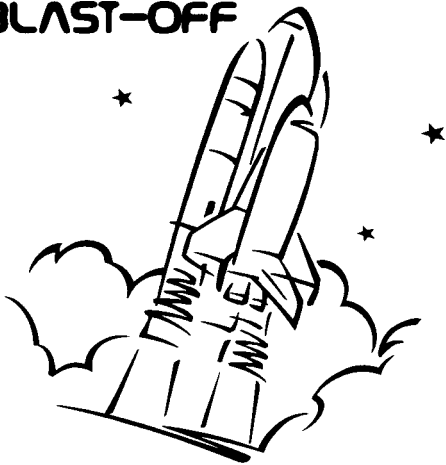
Rocket your way to a blast-off breakfast. Circle every third letter above, and then write them down in order below to complete your mission. You will spell out some suggestions for breakfast that can give you a morning boost!

C _ _ _ _ _ , _ _ _ _ _ , _ _ _ _ _ , _ _ _ _ _

Fuel your body. In the Space Shuttle below, write down the foods YOU will eat for breakfast tomorrow.



PARENTS: GO FOR A BREAKFAST BLAST-OFF



Don't let your child be short on fuel. Just as rocket fuel is essential to power a space launch, breakfast fuel is needed to power your child each day. Breakfast gets rid of hunger symptoms like: being tired or sleepy, getting headaches or becoming cranky.

The proven benefits of breakfast for your child include:

- ♦ Fewer absences and reduced tardiness at school
- ♦ Higher scores on achievement tests
- ♦ Greater concentration and more time on task

Here are some tips to help your child start the day and avoid that "mid-morning slump":

- ♦ Have items available in your kitchen that can quickly and easily be assembled in the morning: cereals, milk, toast or bagels, fruits, juices and yogurt. Even leftover pizza can be part of a healthy, good-tasting breakfast.
- ♦ Make sure your child has time for breakfast at home or time to take advantage of the School Breakfast Program if your school operates one.
- ♦ Be a positive role model; eat breakfast yourself and/or share breakfast with your child as often as you can.

In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, or handicap. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington D.C., 20250.